



Confessions of a Certified Personal Trainer: Volume I The Fitness Revolution Educating You On The Right Way to Exercise

Robert Linkul

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Robert Linkul has been in the certified personal training business since 1999. A former hammer thrower turned trainer, Robert brings with him a passion for personal training and a desire to educate others. Robert operates his own personal training studio in Sacramento, California where he trains over 100 clients per week. Arden Hills Resort Club and Spa provided Robert a 1000 square foot space in which he designed and developed into his private personal training studio. Linkul trains the majority of his clients in groups and has had tremendous success mentoring his clients toward achieving their fitness goals.

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